a menu for you Perfectly Stocked Kitchen CHECKLIST

GRAINS, RICE, PASTA	NUTS/SEEDS
Black beans	Almonds
Kidney beans	Pine Nuts
Cannelini beans	Walnuts
Garbanzo beans	Flax seed
Green and/or red lentils	Chia seed
Quinoa	Sunflower seeds
Couscous	Pumpkin seeds
White and/or brown rice	
Panko (breadcrumbs)	CANNED/JARRED Coconut milk
Arborio rice	Crushed tomatoes
Spaghetti	Diced fire roasted tomatoes
Penne	Tomato paste
	Chicken AND Vegetable Broth
Rigatoni	Red and Green Curry Paste
Macaroni	Anchovies (or anchovy paste)
	Tahini

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SPICES Salt kosher and Maldon
Cumin
Chili Powder
Garam Masala
Zahtar
Smoked paprika
Curry Powder
Turmeric
Cardamom
Aleppo Chili
Ancho chili
Bay leaves
Cinnamon
Nutmeg
Ground ginger
Mustard powder
Red pepper flakes

a menu for you

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BAKING All purpose flour Self rising flour Almond flour Baking soda Baking powder Granulated sugar Confectioners sugar Brown sugar -- dark AND light Molasses Maple Syrup Honey Chocolate chunks Cocoa powder Vanilla extract Whole nutmeg

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VEIO I
REFRIGERATOR
Milk - whole and almond
Eggs
Butter - unsalted
Fresh Herbs - parsley, cilantro, thyme and rosemary
Cheese feta, goat cheese, brie and Parmesan
Favorite veggies carrots, broccolini, cauliflower
Lemons and limes
Garlic and onions
FREEZER
Corn
Peas
Blueberries and other fruit
Shrimp
Homemade stock and soup
Puff pastry
Phyllo dough
Bread